

To: Vermont Climate Action Commission
From: Erik Phillips-Nania, TAG Member, E. Burke (ephillie@gmail.com)
Date: November 13, 2017

Re: **The Meditation Solution: The Indigenous, Traditional, Spiritual, & Scientific Perspective**

The issue is that the Climate Action Commission is charged with proposing to the Governor how to reduce emissions 40% below 1990 levels by 2030 and by 80-95% by 2050 – in a way that spurs economic activity, grows Vermont businesses, and engages all Vermonters. The *Draft Policy Recommendation Decision Matrix* is an excellent and comprehensive list. The most important policy that is missing, and which deserves special consideration, is that the human instrument, through meditation, can directly facilitate significant amounts of carbon dioxide bio-sequestration. Meditation isn't simply sitting down and going inward; it has very practical applications.ⁱ

The Governor's Executive Order (No. 2-17) is that the Climate Action Commission “*must work with a range of perspectives to develop a strategy.*” This important directive is also reflected in both the *Paris Agreement* (Article 7.5) and also the U.S. *Climate Science Special Report* (CSSR, 2017), which says that there are 'limitations of the statistical tools, scientific understanding, and models used . . . and possibilities arise from tendencies that may or may not be explained by current hypotheses.' The fatal flaw of the orthodox climate science—and therefore, the fatal flaw of the resulting solutions as reflected in the *Policy Decision Matrix*—is that the climate science models do not consider the fundamental role of consciousness (*purusha*) as the substructure of reality (*prakriti*). The nature of consciousness—and the power of consciousness to change nature (*prakriti-laya*)—is described by the incredibly sophisticated literature of the *Vedas* and other ancient and indigenous peoples outside the peer-reviewed literature. As Einstein said, we can not solve problems with the same state of consciousness that created the problem, and all of the solutions in the *Policy Decision Matrix* are created from the same level of consciousness that created the problem.

The Commission is searching for key solutions under the light outside of our house whereas we have lost the key inside. “Then why are you looking for it out here?” “Because out here is more light.” The indigenous and spiritual approach, whether simple traditional knowledge of our interbeing with nature or scholarly physics, speaks of a truth beyond form, beyond the rational.ⁱⁱ The indigenous and spiritual approach guides us on a path that takes us home, to find the key.

The *meditation* 'option' reflects the very significant spiritual perspective of thousands of years of accumulated wisdom of our ancestors, often generated and passed down by the incredibly advanced priest class. (Traditionally, this information would not be shared with the governing class nor the average person...) This perspective is often reflected in the instinctual wisdom and sacred customs of the indigenous, traditional and spiritual peoples of the world. This perspective, which involves a dramatic shift in worldview involves transitioning from thinking “rationally” with the head and ego, to meditating in the sacred space of the heart. This journey to the heart-based meditation solution is very different than any other proposal in the *Policy Matrix* and this is why it deserves special consideration – and loving attention – and some levity and playfulness in the midst of crisis.

It may help to describe why my perspective is different than others on the Commission: I'm not just another person who spent the last four years in a cave in the Green Mountains. I'm not just another climate advocate who has read hundreds of books and peer-reviewed primary articles about climate change science and policy over the past decade. I'm not just another post-doctorate with the highest

honors in climate policy and published in peer-reviewed journals. I'm not just another raw vegan millennial. I'm just a yogi who goes seven days with no food or water and metabolizes cosmic energy from the crown chakra. I'm just a yogi who has expanded, extended, and ongoing direct mystical experiences with of the power of this meditative solution. I'm just an average Vermont yogi who wants to help the state and the world solve the climate challenge.

In essence, the *climate meditation* can dramatically increase the photosynthetic rate of plants and trees by a factor of two to eight, depending on the training and the number of meditative experts involved. The accelerated rate of photosynthesis in plants can be scaled up to to the ecosystem level, ***through a mass-collaboration of focused, daily meditations, for agroforestry biosequestration.*** This is one of the most important climate solutions for Vermont and the world. The key climate change 'asset' is the inherent human divinity within everyone and people's latent potential of transcendental consciousness. This emphasis on the climate crisis as a motivation to realize our higher selves is reflected in the subtitle of book I published: *Climate Change Yoga: The Application of Traditional Knowledge and the Climate Challenge as a Path to Enlightenment* (148p, Nov. 2017). This book is a comprehensive synthesis of the science, methodology, literature,ⁱⁱⁱ and historical context for the meditative solution.

In essence, the human instrument can be upgraded in its 'software' of thinking, perceiving, and meditating, and 'hardware' by detoxifying, purifying, and energizing the body. This enables one to become a 'superconductor for the divine' to channel a tremendous amount of energy from the Source Field to bring vitality, health and harmony to the environment, as a reflection of the Self. It's a direct experience of quantum phenomena: with entanglement, nonlocality, superposition, and the observation-measurement affects of consciousness beyond space-time. The subatomic quantum substructure is at the heart of reality and refining our sensitivity and perception of this is the primary climate change solution. With experts trained in meditation, communities can channel the energy equivalent of many millions of tons of greenhouse gases.

Thousands of peer-reviewed scientific studies demonstrate this type of supernormal or 'psychic' abilities or powers, known in yoga for tens of thousands of years as *siddhis*. Specific studies directly applicable to the meditative ability to accelerate photosynthesis is listed below. These powers of consciousness to influence the environment are taken for granted as normal and natural in other cultures and by people with other perspectives.^{iv} For example, the *Yoga Sutras* is a step-by-step process to realize these powers, latent in everyone.

This proposal seeks to make climate meditations easy and accessible. The practical application of meditation is that meditators can directly participate in carbon dioxide reduction (CDR) through the focused revitalization of life-force energies in nature. **Meditation should be integrated into the Vermont agriculture and forestry projects and policies. In this way, Vermont's 8.5 million tonnes of GHGs could be 'captured' by Vermont's meditative adepts within the next few years.** In this way, Vermont could quickly surpasses the state's emission reduction goals. Vermont could be the first carbon-neutral state in the world. And most importantly, Vermont could help create an innovative model for the nation and for the world.

This meditation project would primarily be focused on helping the health and vitality of Vermont's forests. The meditation project could also measurably enhance the net primary productivity (NPP) of other non-forest ecosystems as well as targeted ecosystems outside Vermont, such as tropical forests and the ocean's phytoplankton communities.

I will explain here how the *Meditation Solution*, within the framework of the *Policy Recommendation*

Decision Matrix, is an “excellent fit” for (1) reducing GHGs, (2) economic activity, (3) growing Vermont business, (4) affordability, (5) engaging all Vermonters, (6) saving Vermonters money, and (7) ease to implement (but is a 'no fit' with renewable energy, as commonly understood). Therefore, the Meditation Solution, I propose, should be scored about a 27 out of a possible 32, which would most likely make it the most important solution.

(1) Reducing GHGs:

Meditation is an Environmentally-Sound Technology (EST) for Biosequestration. *Climate Meditations* is about developing the 'human instrument' as an 'technology' based on the traditional knowledge (TK) of consciousness. The goal of *Climate Meditations* is to develop the 'technology' of quantum/transcendental/*samadhi/samyama* consciousness. The goal is to meditate and focus on increasing, expanding, and merging/unifying one's energy field with the object of focus (such as a forest) in a way that we channel light and energy and vitality, resulting in the acceleration of photosynthesis. In this way, one can participate in a Climate Meditation Project, *a synchronized mass-collaboration* that can enhance the life force, health, and photosynthetic rates of target ecosystems.

The photosynthetic conversion of carbon dioxide in living plants is catalyzed with light emissions at 400-700 nm wavelength. This matches the biophoton light emissions of humans, at 200-800 nm wavelength. With training and meditation, humans can emit over 100 times more emissions than average. Scientific studies show how meditative adepts can increase photosynthetic rates over 800%.^v

Evidence of people's ability to accelerate the photosynthetic rate of plants is documented and available from numerous sources: Mario Varvoglis & Robert Miller, *BioPK Experiments with Plants*, describing how psychics Olga and Ambrose Worrall increased the growth rate of plants 830% (over an eight-fold increase) by visualizing a white light around the plant to help it grow vigorously; Bernard Grad, *A Telekinetic Effect on Plant Growth* (1964); Franklin Loehr, *The Power of Prayer on Plants* (1959), describing many experiments in which the growth rates of plants was accelerated as much as 20% when people ‘prayed’ for the plants, visualizing the plants as thriving; Danielle Graham, *SuperConsciousness Magazine & Creating Time* (Jan/Feb 2008), with China’s Super Psychics in special agricultural laboratories, using psychic skills to accelerate germination from a few days to a few minutes; Larry Dossey's book, *Healing Words: The Power of Prayer and the Practice of Medicine*, citing numerous studies on the positive effect of prayer on plants and other life-forms; Daniel Benor's *Spiritual Healing: Scientific Validation of a Healing Revolution* (2000) documents controlled studies of healing on animals, plants, single-celled organisms, bacteria, yeasts, DNA and more; Gary Schwartz’s *The Germination Intention Experiments* (*Journal of Parapsychology*, 2003:67: 279-98, 2007), showing that healing intention enhanced plant growth and health citing work at the International Institute for Biophysics, discovering a remarkable alteration in the photon emissions of algae during healing sessions as though the algae were being bombarded with light and had become attuned to a stronger source of light. It's important to acknowledge all past attainments of humans because it makes us open to future refinements, to the acquisitions of the power of consciousness far beyond anything we have so far attained.

Humans emit various types of measurable energy.^{vi} People can increase their light from an average of 1,000 to over 115,000 units of biophotons (with spiritual nutrition, fasting and meditation) with corresponding increases in health, consciousness and power. Another example of humans' measurable energy is how a normal person has a subtle energy field around their heart that is about 250 Hz, and this can also be increased. Psychics have a heart-energy field of 400 to 800 Hz; meditation specialists' energy field is around 800 to 900 Hz, and the advanced yogi's and mystic's energy field is about 900 to

over 200,000 Hz.^{vii} Studies show how humans' energy emissions have a measurable nonlocal effect and so it is possible, with the focused intention, to project our energy into any environment around the world. One's biophotons and energy field, measurable with instrumentation, corresponds with one's state of consciousness and ability to fruitfully engage in the Climate Meditation Project.

The meditative adept can focus 'their' energy to create a wide range of nonlocal effects applicable to the climate crisis. The meditators are not necessarily generating the energy from one's human energy field; the meditator is raising their energetic vibration so that it is entrained, with harmonic induction, in-synch with the infinite Universal/Source Field or Field of Being. In this way, one can channel the infinite and immensely powerful Source energy through one's body as a “superconductor for the divine” or an “instrument of God.” The resulting changes in the environment can be measured in plant growth and therefore in GHGs sequestered.

Areas to focus on increasing the net primary productivity (NPP), for the maximum amount of benefits, including significant carbon sequestration, include the northern taiga boreal forests, the temperate deciduous forests; tropical rainforests in the Amazon, Congo Basin, and Southeastern Asia; the grasslands and savannas that cover a quarter of the Earth's land; and in the ocean's phytoplankton, algae, and seaweeds. For example, the potential for reducing GHGs includes approximately 90-105 GtC for tropical forests, 34-42 GtC for temperate forests, and about 50 GtC for agroforestry – using orthodox approaches, without meditation enhancement. (See, *Drawdown*, Hawken, 2017),

Let's not miss the forest for the trees: the economic implications for this project are incalculable and quite substantial: if this project were scaled up, it could reduce global GHGs from 400ppm back to pre-industrial levels of about 280ppm, which represents approximately one hundred trillion dollars in economic productivity and damages avoided.^{viii}

(2) Economic Activity

The Meditation Solution would make forestry and agriculture projects and businesses at least twice as productive. This would therefore directly and immediately increase economic productivity.

The Subcommittee on Agriculture and Forestry has proposed agroforestry and fuel crops, and they have the expertise to facilitate and monitor these projects. This project could help both, but should focus on multistrata agroforestry projects, which is about re-creating a natural forest structure from the undergrowth to the canopy. It uses a diversity of trees with nuts, fruits, mushrooms, syrup, and so on. It can also integrate perennial staple trees or be integrated into a silvo-pasture system with pasture and forage for livestock. Agroforestry helps prevent erosion, flooding, it recharges groundwater, restores soil, creates a biodiverse habitat, produces a food system with superior resilience and longevity, and stores significant amounts of carbon.

One possible option is for these projects to participate in the multi-billion dollar voluntary carbon market. Either the businesses, landowners or towns could facilitate the carbon marketing to offset tax incentives and to realize significant financial benefits for businesses and communities. There would be numerous ways to structure carbon credits to financially incentivize the project, and to enhance its profitability. The benefit of participating in the carbon market is to ensure that the carbon captured is measurable, verifiable, and with other quality-control measures.

(3) Growing Vermont Business

This proposal would significantly grow Vermont's agricultural and forestry businesses.

It's very important that people engage in meditation for the right reasons. Economic profit is not the motivation for this proposal, although it is a result. Furthermore, the power and ability to accelerate photosynthesis is also not the primary motivation, but the fruit of one's compassion, love, self-actualization, and selfless service.

This proposal represents the creation of a new 'industry' sector that could be integrated into existing businesses or there could be an 'independent' Climate Meditation Project, Climate Meditation Cooperatives, or a network of climate meditators, focused on helping different projects and businesses. Creating Vermont businesses, cooperatives or organizations for the advancement of *Climate Meditations* project would be about establishing training centers with enabling environments to build the social capital and capacity to implement this proposal.

Another option recommended by most climate experts is for the **payment for ecosystem services**, to help farmers and foresters—and meditators—overcome financial barriers. If a group of meditators helps grow a forest by two to five times the expected baseline, do they get paid for their services? If they help alleviate the tent caterpillar, woolly adelgin, and/or emerald ash borer outbreaks, do the meditators get compensated for their services? I support the establishment of payment for ecosystem services, and it's worthwhile to consider as potentially emerging out of this project, to facilitate its success, because the ecosystem services would be very significant.

(4) Affordability

Meditation is very affordable. And growing trees and plants is considered by most climate change experts as the best, lowest cost climate change technology. Biosequestration is the capture and storage of the atmospheric greenhouse gas carbon dioxide by biological processes. Enhancing and accelerating photosynthesis reduces atmospheric carbon dioxide and has numerous co-benefits such as improving soil health and fertility, increasing habitat, improving ecosystem health, increasing food security, improving air quality, and improving the people's socioeconomic and environmental conditions.

(5) Engaging All Vermonters

Healing is a meta-need, as compassion for suffering of the healee. There's sincere, deeply sympathetic passion to help heal, with selfless concern for another's illness or suffering, whether it's a person or a forest. The need to help others is necessary for the well-being of the psyche and the vitality of the soul. Healing others a time-honored goal of philosophers and society. This meditation option is available to anyone who is interested in participating. All Vermonters are welcome to participate.

The *Yoga Sutras*, a practical step-by-step guide to develop this Climate Meditation abilities, describes how that this ability to 'control' nature (*prakriti-laya*) can come very quickly to the keen and intent practitioner (I:21). The time necessary for success depends on whether the practice is mild, medium, or intense (I:22). Because the climate crisis is urgent, aspiring Climate Meditators should do intense training. Effects are significantly improved with training participants in the meditation of intentionality, visualizations, climate science, and using bio-feedback and energy enhancement technologies to improve performance. The more intense and dedicated the training, the faster and bigger the results.

The effect of this type of climate meditation increases at an exponential rate with the number of people involved. Only a relatively small group (approximately 100 to 1,000 people) of experts would need to be engaged in a daily meditation focused on interpersonal/transpersonal energy healing, detoxification, purification, and life-force enhancement for themselves and the Earth. A small group can have regional and worldwide effects.

(6) Saving Vermonters Money

When people engage in meditation, they become healthier and save money.

When agricultural productivity increases, Vermonters save money.

When forest health improves, Vermonters save money.

When Vermont creates an innovative solution for climate change, Vermonters save money.

(7) Ease to Implement

It's an easy meditation.^{ix} Climate Meditations are essentially an energy healing, and so Vermont's energy healing community could help facilitate this project and train others.

In the depths of one's heart is the power of creation and mastery over nature (*vibhuti*). In bodiless bliss, one enters into the highest light and is embodied in the winds, clouds, lightning, thunder – the Self is the existent. It's a point of union (*ckayanam*). One enters into these divinities – fire, water, Earth – with this living Self, with breath, heart, intellect, faith, trust, piety (*yoga*), and lordship. “What the earth is, the body is; what the body is, the heart is.”

Climate Meditations is, in large part, about encouraging people to follow and practice the 8-Limbs of *Ashtanga* Yoga as a reliable way to develop *siddhis*, or superconscious accomplishments and powers. The *Siddhis* is the subject of Book Three of the *Yoga Sutras*. It's important not to crave the powerful ability to influence the environment. First seek *samadhi* and cosmic consciousness, contentment, and egolessness or else you may get hurt if you run after the *siddhis*. Let them run after you. (III:51). *Siddhis* can be obstacles to *samadhi* because they are worldly pursuits (III:38). *Siddhis* are ordinary capacities that everyone possesses. We're just too distracted most of the time to be able to access them reliably. When we access and align with our Unity, the hard line between mankind and the gods is blurred and crossable. Yoga is one of the most well-known paths for people to achieve this unity, and the quantum abilities that result. These super-physical powers are worldly pursuits and may be obstacles to *Samadhi* (III:37). However, *Samadhi* without ethics and a completely purified mind will bring destruction to humanity, like unlocking the secrets of the atom. The purification of the mind is very necessary. (I:46).

To achieve *Samadhi*, purification can help us overcome obstacles. Also important is *Kriya* Yoga: the study of spiritual books (*svadhyaya*), surrender to Supreme Being, austerity (*tamas*) and discipline of the mind—without the obstacles of ignorance, egoism, attachment, hatred, or clinging to bodily life (II:1-2). The final stage of wisdom is sevenfold: one experiences the end of desire to: (1) know anything more, (2) stay away from anything, (3) gain anything new, (4) do anything; and the end of (5) sorrow, (6) fear, and (7) delusion. The mind is dissolved, and only Divine Self (*Purusha*) remains, free from entanglement with *Prakriti*. (II:27, IV:32, I:18).

One of the most relevant Sutras to climate change is I:19, discussing how the yogi who merges in Nature (*videhas*) have control of nature, including control of the gross/material elements of nature, and become a Master and God of Nature. The Yogi becomes a God who controls the natural phenomena,

although the seeds of desire and attachment are still there, and this is not the end goal of yoga. This is achieved with faith or courage, strength, memory, contemplation, and discernment between the real Self (*Purusha*) and the manifest (*Prakriti*) (I:20). The *Yoga Sutras* say that this ability to control nature can come very quickly to the keen and intent practitioner (I:21). The time necessary for success depends on whether the practice is mild, medium, or intense (I:22). Because the climate crisis is urgent, aspiring Climate Yogis should do intense training. Yoga is considered the single most comprehensive consciousness technology ever devised.

Carbon dioxide removal (CDR) and other intentional interventions in the climate system are known as "climate interventions" (CI), "climate engineering" or "geoengineering." Geoengineering, is defined by the Royal Society as "the large-scale manipulation of the planetary environment to counteract anthropogenic climate change." *Climate Meditations* is geoengineering in the sense that it can create significant changes in the planetary environment. Any geoengineering project should respect the development of international protocols. For example, the *Oxford Principles on Geoengineering Governance* says: (1) undertaking geoengineering is for the public interest, (2) those conducting research should notify those affected, (3) disclose research with open publication of results, (4) have independent assessment of impacts, and (5) implement governance before deployment. If the Meditation Project focuses on out-of-state or international ecosystem targets, then these international governance protocols should be respected, in an effort to create good precedence and establish best practices, as part of this project's implementation, which potentially increases the Project's implementation difficulty.

Also, the *Bonn Challenge* and *New York Declaration on Forests* are important international instruments that promote forestry efforts and it would be wise to coordinate with the people facilitating these projects.

Conclusion

Meditation is a scientifically proven way to accelerate plant growth and plant growth is the primary way to remove carbon dioxide from the atmosphere. It's time to implement this knowledge and scale this up. The primary barrier to this implementation is society's worldview and perspective of the nature of the climate challenge. A relatively small group of trained meditators could offset Vermont's 8.5MMt GHG emissions within the next few years and lead Vermont to being the first state to achieve negative emissions soon thereafter. This innovative solution has significant implications for Vermont and the world.

The full explanation of this solution is described in the book, *Climate Change Yoga: The Application of Traditional Knowledge and the Climate Challenge as a Path to Enlightenment* (Nov. 2017), and is available as a free PDF at <http://climatechange yoga.com>. I am available to answer questions and to help in any way possible.

Peace and blessings to you and your journey.

i Meditation is defined as focusing your mind on something such as the breath, a book, or music, to develop positive habits, thoughts, and states of mind; (1) focus on an object (breathing, a map of the Earth) to quiet the mind, with peace, calm, centered and focus on what you want, or to prepare for other meditations; (2) thinking about a specific climate challenge or virtue (eg, compassion, patience, generosity, forgiveness) for positive change; (3) visualizing a picture in your mind, to create reality, manifest desires/intention, or change or increase internal energy or life force for the body/Earth; and/or (4) experiencing whatever comes up for the highest benefit of oneself and others. The most basic meditation simply stills the mind and the senses so that we can directly experience the inner reality of the heart., which is experienced as ecstatic bliss and oneness. Meditation is about imagining that we go deep into our innermost being, where there is peace, stillness and love.

One *dhyana* meditation is to focus on the feeling of love within the heart. This activates the heart chakra. The heart chakra begins to spin more and bigger, and generate more love, which further stills the mind. As the heart spins faster, the mind becomes more still until love completely overwhelms the mind. One merges into the universal mind, the Source, and this gradually merges with a state of *samadhi*, an awakening of one's divinity. As one does this more, one experiences the all-encompassing oneness that underlies life.

ii The limits of cognition and perception is described by Kant's *Critique of Pure Reason*, the apex of European Enlightenment (along with Hegel's *Phenomenology of Spirit*). However, this important idea was not integrated into scientific consideration, leading to false empirical concepts and a scientific sphere of ignorance and delusion. It's time for a new synthesis of science and spirituality, which is happening, but is not being diffused throughout society. *Climate Change Yoga* is about recognizing this synthesis and how it applies to the climate challenge.

G.W. Hegel, author of *Phenomenology of Spirit* (1807), shows how absolute knowledge is the realization that all forms of objectivity are identical to the essence of the thinking subject. In interpreting the world conceptually it is seeing everything in the form of self. The final form of conceptual grasp emerges, *where the self or subject saw itself as itself the Absolute*, externalizing itself in substantial, objective nature, yet conscious of itself in this very act of self-externalization, and in fact, as simply being its own act of self-identification in and through such externalization. In this knowledge of oneself as the sum and substance of all actual powers, this Lord and master of the world is the titanic self-consciousness that thinks of itself as being an actual living god. The Lord of the world becomes conscious of itself: the universal power of the actual world. If a person is unable to tame those powers then their activities and self-enjoyment are an equally titanic excess – and manifests the imbalances of identity extremism. We glimpse the infinite dimension of our own being, fleeting moments of divinity, and too easily the ego becomes identified with this experience and thinks that it is eternal and divine and becomes unbalanced. We do not become God. We are servants and the inner experience of unity helps us to fully surrender ourselves so that God's will can be done. We become a superconductor for the divine, able to channel a tremendous amount of energy to facilitate environmental changes. This is how “**Nature becomes able to evolve by a conscious will in the human instrument,**” described in detail by the yogi Sri Aurobindo in *Integral Yoga*, describing the system of meditation, planes of consciousness, environmental consciousness (where nature is supermentalized), supermental evolution, and divine force.

iii The most relevant books on this subject include: *Masters of the Living Energy* (Wilcox, 2004), *Weather Shamanism: Harmonizing Our Connection with the Elements* (Moss, 2008), *Mindful of Famine: Religious Climatology of the Warao Indians* (Wilbert, 1997), *Medicine for the Earth: How to Transform Personal and Environmental Toxins* (Ingerman, 2001), *Living in the Heart* (Melchizedek, 2003), *The Intention Experiment* (McTaggart, 2008); and *Supernormal: Science, Yoga, and the Evidence for Extraordinary Psychic Abilities* (Radin, 2013); as well as *Earthmasters* (Hamilton, 2013), *The Carbon Farming Solution* (Toensmeier, 2016), and *Drawdown* (Hawken, 2017).

iv Thousands of peer-reviewed studies demonstrate the reality of a wide range of supernormal and spiritual abilities. See, for example, *The Conscious Universe: The Scientific Truth of Psychic Phenomena* (Radin, 2009); *Supernormal: Science, Yoga, and the Evidence for Extraordinary Psychic Abilities* (Radin, 2013); *The Holographic Universe: The Revolutionary Theory of Reality* (Talbot, 2011); *The Field: The Quest for the Secret Force of the Universe* (McTaggart, 2008); and *The Intention Experiment: Using Your Thoughts to Change Your Life and the World* (McTaggart, 2008).

v Our energy emissions are also a match for the 200-400nm required for the photon absorption and photodissociation (photolysis) of the ocean's dissolved inorganic nitrogen (DIN) (NO_3^- , NO_2^-) and dissolved organic matter (DOM) which are often significant pollutants, as well as one of the most significant 'sinks' for greenhouse gases. In the upper few meters in oceanic sites, the pollutants nitrate (NO_3^-) and nitrite (NO_2^-) (dissolved inorganic nitrogen (DIN)) and nonliving dissolved organic matter (DOM) are the dominant OH radical sources. DIN and DOM contribute about two-thirds of the OH radical production in open oceanic surface waters. The photodissociation of DIN and DOM and the resulting hydroxyl radicals are caused through UV illumination in the 200-400 nm range. Once emitted, methane in the troposphere (in the lower part of the atmosphere below about 6.2 miles or 10 km) is broken down by hydroxyl (OH) radicals – known as the *atmospheric detergent*. Hydroxyl radicals are produced by the sun's ultraviolet (UV, 10-400nm) light dissociation of water (H_2O), hydrogen peroxide (H_2O_2), and other molecules.

The IPCC reports, “The hydroxyl free radical (OH) is the major oxidizing chemical in the atmosphere, destroying about 3.7 Gt[CO₂-eq] of trace gasses, including CH₄ and all HFCs [Hydrofluorocarbons, 3,830 times more potent than CO₂ with a lifetime of 14 years] and HCFCs, each year. It therefore has a very significant role [as GHG sink].” A hydrocarbon chemical species, including methane (CH₄), can be eventually broken down (oxidized) by hydroxyl radicals to carbon dioxide (CO₂) and water (H₂O). The chemical dynamics of photo-degradation of methane and carbon dioxide is described in the book, *Greenhouse Gas Carbon Dioxide Mitigation: Science and Technology*.

Projected into the atmosphere above the Arctic, Climate Yogi's who train themselves to non-locally produce and channel UV light in the 10-400nm spectrum in the Arctic, can therefore dissociate water and hydrogen peroxide to create the highly reactive hydroxyl radicals (OH) to destroy methane (CH₄) and hydrofluorocarbons (HFCs). The hydroxyl radicals also help destroy the most significant ocean pollutants and neutralize ocean acidity.

vi Technology to measure biophotons includes spectrophotometry (measures absorption), kirlan photography, gas discharge visualization (GDV), electromyography, and biophotonics (measures emissions). Spectrophotometry is a useful method for quantitative analysis in chemistry, physics and biochemistry to measure how much a chemical substance absorbs light (photoabsorption), using a photometer. Another tool is biophotonics to measure biophoton electromagnetic bioemissions. These technologies are used to study the energy of meditators and energy healers.

vii *The Subtle Body: An Encyclopedia of Your Energetic Anatomy* (Dale, 2014), citing Dr. Valerie Hunt, measuring the energy with an electromyography and sonogram frequency analysis.

viii The economic implication of this proposal can be measured on the scale of many trillions of dollars because this proposal has significant implications for ocean deacidification, solar radiation management (SRM), arctic methane transmutation, and polar ice-cap stabilization. The key tipping points, and therefore the focus for *Climate Change Yoga*, includes the Arctic sea ice, Antarctic and Greenland ice sheets, the Atlantic Meridional Overturning Circulation (AMOC) that has weakened 15-55%, sea level rise, El Niño–Southern Oscillation (ENSO), permafrost, methane hydrates, coral reefs, boreal forests, and cloudiness. Furthermore, the IPCC and other experts strongly suggest that negative emissions are essential in the next few decades. IPCC models even assume that BECS technologies will achieve 600 GTCO₂-eq reductions by 2100, a technological assumption that dominates the climate models. (For context, drawing down 100ppm requires about 1,500 GtCO₂ removal.). Furthermore, Climate Meditators can focus on preventing natural disasters and superstorms and alleviating extremes in droughts and floods to prevent catastrophic population dislocations or famine, and so on. See, *Climate Change Yoga* (2017).

ix There are numerous meditations to facilitate people's ability to engage in a *climate* meditation, described in the book *Climate Yoga*. This is one example, from the book *Living in the Heart*, which begins by describing the R-2 instrument, a real device that captures and projects raincloud frequency just before it is about to lightning to break apart hydrocarbons. In about a 35 mile area, it can clear the skies and change weather when used by a trained meditative adept. It is activated by expanding your heart field and light-body. The R-2 tetrahedron (triangular pyramid) is simply an externalization of our *Mer-Ka-Ba* (a star-tetrahedron, with one star pointing up and one pointing down) light-body and our toroidal (donut-shaped) energy field to help facilitate the meditation, and so the device is not really necessary. Merging the heart's small toroidal field with our larger Mer-Ka-Ba energy field is the key to this meditation.

Emerging from what the *Upanishads* call “the tiny sacred space within the heart” is a very small toroidal electromagnetic field (EMF) within a larger one around our body, which can be expanded into the environment and around the world. Through our energy field, we can change the weather and clear the skies with pure consciousness without the help of machines. The outer world is created by an inner world – the human heart. The source of the vibration of the rain cloud is in the heart, achieved by and through the love that one has for Mother Earth.

The Unity Breath Meditation: First, unify with the Divine Mother: feel love for a place in nature and send your love to the center of the Earth with intention so Mother Earth can directly feel the love you have for her. Your intention is so important. Wait until Mother Earth sends her love back and you can feel it. You are her child and she loves you. Allow your Mother's love to move throughout your body and all your cells. Surrounded by love, remain in this union with Mother Earth until it feels complete. Now unify with the Divine Father. At the right moment, without breaking the love union with your Mother, look to your Heavenly Father. Look to the rest of creation beyond Earth. Place your attention on the night sky, the Milky Way, moon, stars. Feel the sun. Realize the incredible depth of space. Feel the love you have for the Divine Father, the Spirit of all Creation except the Divine Mother. This love feels so great. Let it move into the heavens with your intention. Send your love into the heavens, and send it, in a sphere, to the Unity Consciousness Grid around Earth, or to the sun or the Great Central Sun, with intent for your love to reach all life everywhere. Wait for Father to send his love back to you. He will always do so. Let it move anywhere in your being. This is the Holy Trinity alive on Earth: the Divine Mother, the Divine Father are joined with you in pure love, the Divine Child, and in this state of consciousness, God is known directly. Become aware of the presence of God – all around you and within you. Once in the Holy Trinity, simply open your

heart to the presence of God. God is always everywhere but humans do not always perceive God.

The Unity Breath Meditation takes you directly, consciously into God's presence. This state of consciousness is the doorway to approach all sacred ceremonies of life – birth, marriage, death, planting, harvesting crops – for the crops to grow and be healthy. The natural way is to co-create with God or Great Spirit, to assist in the cycles of nature to bring balance to life. We are the keepers of the Garden/Nature, and in this modern time we still are but we have forgotten our purpose. Without this inner connection with God, we are separate and lost. Use the Unity Breath Meditation to remember God and enter and remember the sacred space in the heart, with beautiful bliss. Always enter this state of consciousness first before you enter the sacred space of the heart. It gets easier and easier until finally you are in this place all the time.

The logical mind keeps people in their head/skull, which hides the power of the heart. Know the mobility of spirit within the human body: the spirit can leave the head/mind to enter an altered state of consciousness, an intelligence found in the heart. Meditation helps overcome and bypass the mind, including *vipassana* meditation until still-point is achieved. The body is like a coat for spirit, and spirit, at this point in history, is usually focused on the pineal gland in the center of the head, looking at the world through the eyes and feeling like the outer world is separate from oneself. Think of this like a game. Have fun! Move out of the head, into the throat chakra, and the other charkas, which are centers of consciousness. (See *Chakra Yoga* above). Practice moving your spirit to different parts of the body, and stop back at the throat to orient yourself before re-entering the head.

Entering the Heart: Move your spirit into the throat, then move toward your physical heart. Hear and feel the heart beating. Feel the softness of the tissue, and how different this is from the hardness of the skull around your head. The heart is female and the head is male. For five minutes, be in the heart and move back up. While in your head, use the mantra 'Om', and while in the heart, chant 'Aah' or 'Lam'. And see how the sound resonates. Feel it.

Ways into the Sacred Space of the Heart: We have always been in this space, but we have diverted our attention to a way of duality and polarity consciousness. We can learn to return to the primal state of oneness. *The Male Way to the Heart:* First, one mentally understands and the experience comes soon, to where we see, sense, and/or feel the toroidal field with our inner vision as it sits around the heart. As you move to the heart and see the smaller toroidal field, you see how the energy is a vortex. Let your spirit rest on the spiraling energy. Experience yourself going around and around, slowly at first and faster as you get closer to the center until you finally enter the center and start to fall. There's nothing to fear. Let yourself go. You'll realize everything is very still. You're in the sacred space of the heart. *The Female Way into the Heart* is simple. All you do is see, sense or feel yourself approaching the heart and allow yourself to enter its membrane. Let your female psychic nature take over and let your intuition lead you to the sacred space. Let go and move, knowing you are in Truth and going to move straight into this holy place. (Try both ways).

It's now time for the real thing, for actually having the experience of your heart's sacred space, to experience the holy of holies, the source of creation. Prepare for meditation in a perfect place, with a simple altar, perhaps with a candle, not disturbed. Use a pillow to support the spine if sitting on the floor, back straight, feet flat on the ground if in a chair, or standing with the center of gravity. A very dark place is best. You enter just by closing your eyes, with practice. Breath rhythmically, gently, comfortably, with silence without thoughts. Shift attention to your inner vision and begin the Unity Breath Meditation, the starting point for all sacred ceremonies, and feeling the flow, shifting attention to the Divine Father to feel love for all creation and feel the love enter your body. Choose your way to the heart: the male vortex of the toroidal field or female intuition. Leave your mind with intention and willpower, move down into the throat, then to the heart. If it's dark, say in your inner world, 'let there be light' and sense how darkness turns into a world of light. Become aware of the vibration, the sound that permeates this place. Listen and when the time feels right, make the sound. Hum it. Try to duplicate it and explore this holy space. You may realize your purpose for coming to Earth, the reason for your being here. Maybe limit the time to less than thirty minutes the first time and let the time increase as you learn.

This small secret space within the heart will change everything. It becomes easier and faster to enter and with practice, takes seconds. First, close eyes and confirm your love for Mother Earth and Father sky and the love that connects you. Feel yourself leave the head, to the throat to the heart and hum the sound/vibration. The creation of all life resides within this space; within this space, all things are possible. Each day, return and continue to explore, to remember who you are and why you're here on Earth. What happens when you remember—only you know. Now you know your way Home, where all worlds, all dimensions, all universes, all of creation found their birth. Interconnecting through your one heart are all the hearts of all life everywhere. Your heart field merges with your light-body, aligned, synchronized and one, and an experience different for each person. From this state of consciousness, with the heart connected to the mind, there's the possibility for conscious co-creation into the outer world, to re-create the world into one of love and balance and the healing of all problems, into an octave of being where the Spirit can change outer reality by an inner intention (described as the *Isiah Effect*, based on the *Dead Sea Scrolls*). Any miracle begins with attention and focus of the mind and heart on what you want to see happen, with intention. The mental body sees the change, knowing for certain it is/will take place; the emotional

body feels what its like (to change, balance, health, joy, love); the physical body feels complete healed, vital.

The heart creates through dreams and images and manifests through feelings/emotions. If you pray for rain it could start raining immediately even if there were no clouds in the sky moments before. It's like a dream: immediate changes are possible in the 3D Earth realm. The experiential realization is found as you continue to enter the heart, which allows the dreams of the heart to manifest from within the heart. Go into your heart, merge heart with the body's *Mer-Ka-Ba* light field, and dream a dream of a new world. Realize your body is light and the world you live within is light. Both are directly connected to your consciousness. The next step is toward realizing your Truth and sacred purpose as living in your heart/light body and creating from this place. It's an ascension into heaven. Consciously co-create with God a new life. This power is your birthright, your heritage.